



# AIR, LAND & SEA TIMES

PUBLISHED FOR THE JOINT BASE MCGUIRE-DIX- LAKEHURST, N.J. COMMUNITY

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## NEWSNOTES

**\*\*Dates and times are subject to change. Check with the event coordinator prior to the event.\*\***

### New 87th Medical Group Urgent Care Guidance

The 87th Medical Group has implemented new guidance with the closure of the Lourdes Medical Associates After-Hours Family Practice Clinic last year.

To schedule an appointment or to reach the after-hours on-call provider (option 3), call the 87th MDG appointment line at (866) 377-2778. The on-call provider can authorize after-hours urgent care in addition to providing advice and follow-up care in the 87th MDG. Call (877) TRICARE if you are unable to reach the 87th MDG on-call provider. TRICARE can also authorize urgent care.

### 75-day Leave Carryover Extended

Airmen with more than 60 days of leave at the beginning of next fiscal year may be able to carry it into the next fiscal year thanks to a provision in the FY 2013 National Defense Authorization Act. The provision extends the maximum leave carryover of 75 days through Sept. 30, 2015.

### Dial '562' for Service

Phone users will be need to dial '562' when placing phone calls to other phone users on Dlx. Phone users will no longer be able to reach other Dlx-area users by dialing 2-####. This change is being implemented to standardize and improve caller information sent to emergency 911 databases. Call 754-5454 for more information.

### MOCS Scholarships

The McGuire Officers' Spouses' Club scholarship committee is accepting applications from military dependents. Scholarships are awarded based on academic achievement, leadership, character, and community and school activities. Applications are available at [www.mcguireofficersspousesclub.org](http://www.mcguireofficersspousesclub.org) or by email at [mcguireofficersspousesclub@gmail.com](mailto:mcguireofficersspousesclub@gmail.com).

### American Red Cross Seeks volunteers

The American Red Cross is seeking volunteers to support on-base initiatives that benefit service members. Call Gale Lynch at 562-2258 to volunteer or for more information.

### Claims Against the Estate of Staff Sgt. Jason Miller

All persons having claims against Staff Sgt. Jason Miller need to present such claims to Maj. Tom Klusek, the Summary Court Officer, at 754-6690. An example of a claim would be any debt, obligation or other money owed to the claimant by Miller.

### Pre-Teen Movie Night

A Pre-Teen Movie Night is set to be held from 6:30-9 p.m. today, at the Falcon Courts North Youth Center. The event is open for children ages six through 12 and the cost is \$2 for non-members. Snacks are available and a question and answer session will be held after the movie. Call 754-5437 for more information.

### Anger Management Class

The Health and Wellness Center is set to host an Anger Management class from 1-4 p.m. today. The class will focus on identifying the warning signs of anger, expressing anger appropriately and keep anger from taking over. Interested members can join the series at any time. Call 754-9680 for more information.

### Hearts Apart Seminar

The Military and Family Support Center is scheduled to host a Hearts Apart Seminar from 5:30-6:30 p.m. today, at 3811 South Bolling St. The seminar is designed for spouses, children and loved ones of military members currently deployed or on an extended temporary duty assignment. Call 754-3154 for more information.

### Aerobics Marathon

The 87th Force Support Squadron is set to host an Aerobics Marathon from 9 a.m. to 1 p.m. Feb. 23, 2013, at the McGuire Fitness Center, located at 2504 McGuire Blvd. The event is open to all Department of Defense ID cardholders. The marathon event will feature cycling, spin, yoga and cardio kickboxing classes. Call 754-6085 for more information.

### Black History Month Potluck

The Garden Terrace Youth Center is set to host the Annual Keystone Club Black History Month Potluck Feb. 23, 2013. The event is free to joint base members, their families, neighbors and friends. Call 562-5061 for more information.

### Lakehurst Obstacle Challenge

The Lakehurst Fitness Center is set to host the Lakehurst Obstacle Challenge from 11:30 a.m. to 12:45 p.m. Feb. 25, 2013. The event will feature an intense and challenging obstacle fitness course designed to test strength, agility, balance and endurance. Be prepared to toss tires, climb, crawl, run and jump. Only 20 time slots are available. Call (732) 323-7266 for more information or to register.

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## NSA Lakehurst hosts African-American History Month



Joint base service members and civilians attend the Naval Support Activity Black History luncheon arranged by the Cultural Diversity Awareness Association Feb. 12, 2013, in the Flight Deck on Joint Base McGuire-Dix-Lakehurst, N.J. The CDAA is an organization of Sailors and petty officers who work to promote diversity, honor and tradition within their membership and throughout the joint base community. (U.S. Navy photo by Tom Wordele/Released)

By Tom Wordele  
NAVAIR Public Affairs

The Naval Support Activity Lakehurst's Cultural Diversity Awareness Association hosted a luncheon Feb. 12, 2013, here to honor the multitude of contributions African-Americans made to the U.S. military.

The CDAA is an organization of Sailors and petty officers who work to promote diversity, honor and tradition of their members and throughout the joint base community.

The theme for this year's African-American History Month was "At the Crossroads of Freedom and Equality: The 1863 Emancipation Proclamation and the 1963 March on Washington." The march culminated in Dr. Martin Luther King, Jr.'s famous "I have a Dream" speech on the steps of the

Lincoln Memorial.

Approximately 100 service members and civilians from the Lakehurst community enjoyed an afternoon of fellowship and traditional cultural dishes.

Special recognition and mention was given to several notable individuals and groups for their contributions to U.S. military history. Among those recognized were Doris "Dorris" Miller, the first African-American to be awarded the Navy Cross for his heroism during the Dec. 7, 1941, attack on Pearl Harbor; Lillian Robb, the first African-American woman to attain the rank of Rear Admiral in the Navy; Michelle Howard, for being the first African-American woman to achieve a three-star ranking in the U.S. Armed Forces; and the Tuskegee Airmen, the first African-American aviators to serve in the Army Air Corps during World War II.

Master of ceremonies for the luncheon, Petty Officer 2nd Class Torry Anderson, introduced guest speaker Aldrian Peterson, a University of Central Florida graduate who worked for five years at Boys Town North Florida counseling abused and neglected youth. Peterson serves as youth pastor at Integrity Church of God in Christ, in Tallahassee, Fla.

Dressed as a clown, Peterson performed and read Langston Hughes' poem, "The Black Clown" from a period now known as the Harlem Renaissance to demonstrate how dramatic readings can bring an understanding of Black history to disadvantaged youth. Peterson then performed, in suit and tie, a dramatic reading of African-American poet, Maya Angelou's poem "A Brave and Startling Truth."



(Left) Senior Master Sgt. Craig Ferguson, 305th Aerial Port Squadron flight superintendent for passenger services, Maj. Edward Heger, 305th APS commander, Col. Richard Williamson, 305th Air Mobility Wing commander, and Dennis Pressley, Center Point Construction president, cut the ribbon for the newly renovated McGuire Passenger Terminal Family Lounge and Teen Room Feb. 12, 2013, on Joint Base McGuire-Dix-Lakehurst, N.J. The McGuire Passenger Terminal supports an average of more than 45,000 passengers a year, many of whom are families with children. (U.S. Air Force photo by Wayne Russell/Released)

## 305th APS improves PAX terminal's family focus

By Pamela Flores

Joint Base McGuire-Dix-Lakehurst Public Affairs

Personnel from the 305th Aerial Port Squadron conducted a ribbon-cutting ceremony Feb. 12, 2013, for the McGuire Passenger Terminal's newly renovated Family Lounge and Teen Room, here.

The impetus for the renovations came about when for Air Mobility Command Commander Gen. Raymond Johns identified a number of facility standards discrepancies during his 2010 Pacific and European passenger terminal tours. Personnel within AMC undertook an effort to standardize terminals around the globe as a result of those observations. Family lounges across 24 Air Force and four Navy locations

throughout installations in the Pacific region, Europe and the United States were the primary focus of the standardization efforts.

"Today, we're proud to recognize a much-needed enhancement to the McGuire Passenger Terminal Family Lounge which now includes a Teen Room," said Col. Richard Williamson, 305th Air Mobility Wing commander. "This passenger terminal supports an average of over 45,000 passengers a year and many of those passengers are families with children. There is no doubt in my mind that the joint base will remain a gateway for travel in the coming years and that this facility improvement could not have come too soon in

See FAMILY, Page 18

## A Valentine's surprise

Imagine being separated from a loved one for a year, constantly worrying about each other's well-being and resiliency.



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## Soldiers practice funeral ceremony

The rendering of military honors is a way to show the nation's gratitude to those who, in times of war and peace, have defended their country.



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## CNO Green-ert testifies

Chief of Naval Operations Adm. Jonathan Greenert joined the Deputy Secretary of Defense, the Chairman of the Joint Chiefs of Staff and the Joint Chiefs of Staff to testify before the House Armed Services Committee.



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## The Weekend Weather

Today  
High 42/Low 35  
Sunny

Saturday  
High 46/Low 38  
Rain

Sunday  
High 46/Low 30  
Sunny





# Sipping, snacking, tooth decay

By Capt. Bryan Blazer  
87th Dental Squadron

Many parents across the country will issue a common order at dinner time to night: "You'd better eat that - it's good for you!"

Conversely, it may very well be followed with, "Don't eat that - it'll rot your teeth!"

Now more than ever, kids are faced with an astounding array of food choices - from fresh produce to sugar-laden processed convenience meals and snack foods. The consequences of poor dietary habits have a dramatic impact reaching far beyond general systemic health. Poor oral health, in fact, is commonly the first sign of a widespread problem.

Americans are consuming larger portions of high-sugar and starch food and drink more frequently than ever before. It's clear that "junk" foods and drinks have gradually replaced nutritious foods and beverages.

In 1882, the average American consumed about 45 grams of sugar every five days (roughly the amount of sugar

in one soda). Americans now consume roughly 765 grams of sugar every five days, which translates to roughly 17 cans of soda, and about 130 pounds of sugar per year.

Research has shown that a steady diet of sugary foods and drinks can and will ruin teeth, especially among those who snack throughout the day. Common activities which may contribute to the tendency toward tooth decay include "grazing" habitually on foods with minimal nutritional value and frequently sipping sugary drinks such as soda, energy drinks, coffee with cream or sugar and sports drinks.

Consuming sugar repeatedly can cause a dramatic harmful effect on teeth. Sugar on teeth provides a food source for bacteria, producing acid. Acid can in turn eat away at tooth enamel, which is the start of a cavity.

This is not to say that all sugar can, and should be removed from the diet. In fact, almost all foods have some type of sugar that cannot, and should not, be eliminated. Many of these foods contain important nutrients and add enjoyment

to eating. Tooth decay, though, is a risk for people with diets high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing. Individuals should read labels and plan carefully for a balanced nutritious diet for both adults and children. To reduce tooth decay, individuals should only consume sugary foods and drinks with meals.

- Saliva production increases during meals and helps neutralize acid production.

- Limit between-meal snacks. People should eat nutritious foods for snacks instead of foods containing a lot of sugar.

- Chew sugar free gum (not sugarless). This can increase saliva flow and help wash out food and decay-producing acid.

- Monitor beverage consumption - instead of drinking soft drinks all day people should instead drink water and low-fat milk.

- Develop good brushing and flossing habits.

- Schedule regular dental visits.

## Family member medical clearance critical

By 2nd Lt. Brandt Higley  
87th Medical Support Squadron

No matter the service branch you are in, getting notified of a permanent change of station sets into motion a series of steps and tasks.

Each of these steps and tasks must be efficiently managed and accomplished before a service member can obtain his or her PCS orders. At least one of these steps involves ensuring dependents complete the 87th Medical Group Family Member Relocation Clearance process.

The medical clearance for active-duty Airmen to proceed on PCS orders is already set in motion. If an Airman is considered worldwide qualified, meaning they have no profile or duty limitations that constrain where they go, then they are set. Family members, however, may be another issue. Family Member Relocation Clearance is mandatory for dependent members traveling out of the continental U.S. those enrolled in the Exceptional Family Member Program, and for all dependents with an identified chronic medical condition or educational service need that requires enrollment in EFMP.

The purpose of the FMRC process is to identify family medical and educational service requirements of members in support of active-duty sponsor assignment.

It is important to know this information for two reasons. First, medical, educational and other specialty services may be limited or unavailable at a projected location. This has the potential to create an active-duty assignment failure and significant hardship for families and may hinder the Air Force's capability to coordinate positions and move members.

Second, the Military Personnel Section will not issue PCS orders until the clearance process is completed before. Not having orders can impact a service member's ability to plan other activities such as scheduling a household-goods movement.

The FMRC process can take as many as 90 days; therefore, it is important to initiate the process as soon as there is any indication that reassignment orders will be issued. Do not sell houses, cars or make any major changes until this process is complete. If a service member does so and his or her family has not been recommended for travel due to unavailability of medical or education services at the projected base, the member may be required to travel unaccompanied, receive a new assignment or extend his or her stay on home station.

A service member failing to report known conditions before relocation may result in subsequent administrative action or his or her dependents returning early. For questions regarding the FMRC process for PCS or EFMP, stop by 87th MDG room 1B41 to speak with Cheryl Thomas, the FMRC coordinator. She can provide a face-to-face briefing on the necessary paperwork and procedures needed to get medical clearance underway.

Call 754-9752.

AFI 40-701 Medical Support to Family Member Relocation and Exceptional Family Member Program requires an Airman to update his or her case file yearly and prior to any PCS move if a family member is already enrolled in EFMP. Another great resource for information regarding this process include the Outbound Assignment Section of the MPS.

(Portions of the information used for this article are courtesy of Staff Sgt. Brandon Bennett from the 437th Medical Group)

## COMMANDER'S ACTION LINE



Col. John Wood  
Commander, Joint Base  
McGuire-Dix-Lakehurst and  
87th Air Base Wing

The Joint Base Commander's Action Line is an integral part of the base feedback network. Base personnel are urged to use the proper chain of command first to address their concerns.

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil.

Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



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[www.jointbasemdl.af.mil](http://www.jointbasemdl.af.mil)



## To liberate, not to conquer

By Staff Sgt. Jadale Staten  
Joint Base McGuire-Dix-Lakehurst  
Legal Office

This is a poem by Staff Sgt. Jadale Staten on the 1963 civil rights march on Washington, D.C.

It was not about the synchronized steps or being harmonious. It was not all about a common skin gradient. It was not about hate. It was not about anger. It was not a vengeful act.

Not a single step was in effort to prove superiority. Not a single member stepped with malicious intent.

This was not a dangerous crowd. These were not villains. These were civilized people.

Their reasons were justified. Their actions were pure. Their intentions were honest.

They were led not by an individual, but individual desire. There was no rally for members. There was no initiation process. This was not an official party. These were humans. These were parents. These were heroes. They were students. They were determined.

This group was just as equal. This group was just as righteous. This group was just as capable. This group was just as deserving. This group has wept. This group has loved. This group has mourned. This group has endured. This group has given for their country without slight reciprocity, yet they remain. This group

is devoted. This group has gathered with pride.

Together this group stands for change. Together this group promotes change. Together this group will make a difference. Together, as they marched on Washington in the year of one thousand nine hundred sixty-three, this group paved a way for the future.

Today, in the year of two thousand thirteen, we stand! We stand united! We stand equal! We stand free!

In honor of those who stood for freedom. In honor of those who stepped for equality. In honor of those that marched to liberate, not to conquer.







# Joint base reserve Marine forces stand out

By Sgt. Ray Lewis  
U. S. Marine Corps Forces Reserve

NEW ORLEANS — There's an old Marine Corps adage that says, "Marines are forged with a drive for excellence and a healthy dose of competitive spirit."

The Marines and Sailors of Marine Forces Reserve showed their drive and spirit throughout the year, with two units receiving recognition for their service members' efforts.

Both the 4th Marine Logistics Group and 4th Marine Aircraft Wing, based out of New Orleans, earned awards for foodservice and safety, respectively.

The 4th MAW was named winner of the Chief of Naval Operations Naval Aviation Readiness Through Safety Award and the order of the Daedalians' Adm. James S. Russell Aviation Flight Safety Award for calendar year 2012. Marine Aircraft Group 49 at Joint Base McGuire-Dix-Lakehurst, N.J., is a part of the 4th MAW and directly contributed to winning the safety award.

The honor is presented annually to the controlling custodian that has contributed the most toward readiness and economy of operations through safety. The winning command must have an outstanding safety record, an aggressive safety program and a three-year improving safety trend.

The unit flew more than 21,000 hours with no flight, flight-related or aviation-ground mishaps.



The Marines of 6th Engineer Support Battalion, 4th Marine Logistics Group, were awarded the W.P.T. Hill award for best field mess for 2013. The Hill awards aim to reward high-quality food service and recognize culinary expertise. The 6th ESB achieved this award by improving food service operations and encouraging excellence in the garrison and field foodservice programs, as well as contributing to improving the quality of life for Marines and Navy personnel. (U.S. Marine Corps photo by Sgt. Esdros Ruano/Released)

"The 4th MAW is honored to receive the CNO Naval Aviation Readiness Through Safety Award," said Maj. Donald E. Gerber, 4th MAW standardization officer. "This award

is testament of the focus on safety that is inherent across the 4th MAW. In the dynamic and challenging environment of Naval Aviation, safety is a critical element of force preservation and mission accomplishment. Without the dedication of each 4th MAW Marine, Sailor and civilian, this achievement would not have been possible."

Units in the Marine Forces Reserve are dedicated not only to making life safer, but also making life sweeter, which was evidenced by the 4th MLC's Major General W.P.T. Hill award.

Headquarters and Service Battalion, 4th MLC, based in Portland, Ore., received the Major General W.P.T. Hill award for best field mess.

"The Hill competition is a good point of emphasis for us," said Maj. Juan Svaningsson, 6th Engineer Support Battalion, Headquarters and Service Company executive officer. "Participating in and winning this competition is a tremendous measure of effectiveness and capability. The ability to effectively mess in the field keeps us expeditionary."

The Hill awards aim to reward high quality foodservice and recognize culinary expertise. Marines and Sailors from the 6th ESB earned the award by improving foodservice operations and encouraging excellence in the garrison and field foodservice programs. The units also contributed to improving the quality of life for Marines and Navy personnel.

## Soldiers practice for solemn ceremony



Soldiers with the 72nd Operations Brigade rehearse a military funeral ceremony, Feb. 1, 2013, at Joint Base McGuire-Dix-Lakehurst. Soldiers rendering military funeral honors is a way to show the nation's gratitude to those who, in times of war and peace, have defended their country. This ceremonial paying of respect is the final demonstration the U.S. can provide to the veterans' families. (U.S. Army photo by Staff Sgt. Nicole Dykstra/Released)

## JB MDL congratulates Safety award winners

By Joint Base McGuire-Dix-Lakehurst  
Public Affairs

The Joint Base McGuire-Dix-Lakehurst community would like to congratulate the following joint base service members for taking home annual Safety awards:

Operational Risk Management Achievement Award:  
Ground and Flight – 2nd Air Refueling Squadron

Aviation Well Done Award:  
2nd Air Refueling Squadron – Shell 45

Air Force Capt. Chris Jay Fontillas

Air Force Capt. Derek Patrick

Air Force Tech. Sgt. Matthew Hauer

Ground Safety Well Done Award:  
Marine Cpl. Christopher J. Ijams, Marine Aircraft Group 49

Air Force 1st Lt. Jose Figueroa, 87th Civil Engineer Squadron

Ground and Weapons Well Done Award:  
Air Force Staff Sgt. Christopher Friend, 819th Global Support Squadron

Weapons Well Done Award:  
Dennis Adams, Army Materiel Command

Aircrew of the Year Award:  
2nd Air Refueling Squadron – Whistler 92

Capt. Travis Harvey

Capt. Colin Hendershot

Tech. Sgt. Matthew Hauer

Senior Airman Clay Wonders

Distinguished Flight Safety Individual Award:

Air Force Capt. Derek J. Patrick, 2nd Air Refueling Squadron

Distinguished Weapons Safety Individual of the Year Award:

Marine Master Sgt. Jason Wohlberg, Marine Aircraft Group 49

Distinguished Ground Safety Individual of the Year Award:

Air Force Staff Sgt. Jason P. Fortney, 305th Maintenance Group

Weapons Safety Individual of the Year Award:

Marine Sgt. Claude Richardson, Marine Aircraft Group 49

Small and large Ground Safety Office of the Year awards:

Small – Fleet Readiness Squadron

Large – 87th Logistics Readiness Squadron

Explosives Safety Award:

Marine Aircraft Group 49 and the Fleet Readiness Center

## Mine was earned in Vietnam. By my dad.

Barbara Q, USAA member



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<sup>1</sup>Based on 2011 Member Communications Trend Survey.

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## Sequestration could mean delayed redeployment for Soldiers in Afghanistan

By C. Todd Lopez  
Army News Service

WASHINGTON — The lack of an appropriations bill coupled with sequestration could eventually translate to Soldiers being delayed in their redeployment home from Afghanistan, the Army's chief of staff said.

Gen. Raymond T. Odierno, speaking at the Brookings Institution Friday in Washington, D.C., explained redeployment delays in 2014 may be affected by a shortage of training dollars and be forced to delay their deployment.

The Department of Defense has already agreed to nearly \$800 billion in cuts, the general said. Sequestration will mean an additional \$500 billion in defense cuts, and shifting funding for improvised explosive device, or IED, detection and electronic warfare equipment from overseas contingency operations budgets to service operations and maintenance budgets will mean an additional \$100 billion in cuts.

The U.S. military is looking now at a possible \$1.3 trillion in defense cuts overall, Odierno said. Compounding cuts to defense budgets is the lack of a confirmed budget for the services — the military is operating now on a "continuing resolution," which is how Congress funds the government if it has not passed an appropriations bill. A continuing resolution means military planning is difficult.

"Today, in my opinion, the greatest threat to our national security is the fiscal uncertainty resulting from the lack of predictability in the budget cycles," said Odierno. "Our country's inability to put its fiscal house in order compromises the future of the joint force, the Army, and ultimately will impact our ability to provide security to our nation."

Right now, Odierno said, the continuing resolution has created a "mismatch of funds" that doesn't leave enough in the operations and maintenance accounts, known as "O&M" funds. There's a \$6 billion shortfall there compared to what the Army needs, and sequestration will add another \$5.4 billion to that shortfall.

It's "O&M" funds that allow the Army to train, so a shortfall in "O&M" funds means that fewer Soldiers will be able to train for Iraq and Afghanistan.

"We're funding, totally, Afghanistan," said Odierno. "We're going to fund, totally, Korea, and sustain the readiness level in Korea. What that means is the rest of the forces that are now back in the U.S. will not be able to train. They will be able to do very small-level, squad-level training. They will not be able to do platoon-level, company-level, battalion-level training back at their installations. They will not be able to go out to combat training centers, which is what provides them the final readiness certification at the battalion and brigade level."

The general said the forces that are slated next to go to Afghanistan are going to be ready to go, insofar as training and equipping is concerned.

"What my concern is, the ones who come after them, they will now be behind," he said.

What that means for the forces in Afghanistan in 2014 is that they might have to wait to redeploy while the follow-on forces are readied for their deployment.



Chief of Staff of the Army Gen. Raymond T. Odierno answered questions from the audience and from Michael O'Hanlon, a senior fellow at the Brookings Institution, Feb. 15, 2013, during a visit at the Brookings Institution in Washington, D.C. (U.S. Army photo by C. Todd Lopez/Released)

Earlier this week he told Congress as much, saying he offered two options to lawmakers on how to keep forces in Afghanistan.

"If I can't make them up quickly, I then have to send forces that aren't ready, or I have to extend forces that are already there," he said. "That'll be a decision I have to make as we get closer. We will continue to try to divert money so we do not have to extend people in Afghanistan."

The Army's share of defense cuts could mean the loss of civilian employees at Army depots where war-ravaged combat equipment is "reset" and made serviceable again for Soldier training and deployment to combat zones.

Odierno said looming budget cuts will mean smaller depots and a drop in the civilian work force. That translates directly into a backlog of equipment to be reset, including the equipment that still needs to be reset from Iraq, and equipment coming out of Afghanistan right now.

The general said that due to those backlogs, it's expected that delivery of that reset equipment could be delayed by two to three years, with some being delivered as late as 2016.

Unfortunately, not having that critical combat

equipment available, tanks and helicopter and infantry fighting vehicles, for instance, means Soldiers who need to train. Additionally, that equipment won't be ready for deployment if the Army is called upon to fight again, and predicting when that will happen is not something the military does well.

"We have not predicted very well when we will use forces," Odierno said.

"When the (Berlin) Wall came down in Europe, people said 'this is it, we don't need (the Army) anymore.' A year later, we are deploying to the deserts of Kuwait, then we went into Somalia. Then, somewhere in there we had Panama, and 'Just Cause.' You just don't know. It is our responsibility to prepare, that if the president decides he needs to use the military, that we are ready and prepared. And I am concerned whether we will be able to do that or not as we move to the future over the next couple of years."

Right now, Odierno said, the Army has a "fairly high level of readiness." But that will change soon, for both Soldier readiness and equipment readiness. When the time comes, unexpectedly, for Soldiers to deploy, emergency funding will not

be enough to provide for Soldiers the readiness they need to fight successfully, Odierno said.

"It slowly degrades," he said of military readiness. "So over the next six or seven months, if you are not taking care of your equipment, if you are not training, you degrade that readiness. And you can't just recover that readiness by money; it takes time."

Loss Of Soldiers  
Paying for people, Soldiers, takes up about 48 percent of the Army's budget. Cuts to the budget means a reduction in the number of Soldiers the Army will have in the ranks.

The Army is already reducing the number of Soldiers in its ranks by about 88,000. Sequestration could bring the loss of an additional 100,000 Soldiers across the active force and the reserve components, Odierno said. In total, about 190,000 Soldiers will have to be cut, though the general believes it will be more than that.

"My guess in the end, we will have to take 200,000 Soldiers out of the active

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## CNO testifies about post-sequestered Navy before HASC

By Chief of Naval Operations Public Affairs

WASHINGTON — Chief of Naval Operations Adm. Jonathan Greenert joined the Deputy Secretary of Defense, the Chairman of the Joint Chiefs of Staff and the Joint Chiefs of Staff to testify before the House Armed Services Committee Feb. 13, 2013, on Capitol Hill on the potential impact of sequestration and the lack of an appropriations bill for fiscal year 2013.

Greenert illustrated the significant impacts the combined effects of a yearlong continuing resolution and sequestration will have in reducing the Navy's ability to achieve his top three priorities of, "Warfighting First," "Operate Forward," and "Be Ready."

"We'll have inadequate surge capacity at the appropriate readiness to be there when it matters, where it matters," said Greenert in his opening statement setting a stark tone of his testimony before the committee.

Greenert said in order for

the Navy to continue being ready when it matters, where it matters, Congress must act, and act fast, as the ramifications will be felt, at a minimum, through next year.

"Sequestration and the lack of an appropriations bill will have an irreversible and debilitating impact on the Navy's readiness through at least 2014," Greenert said. "We will not be able to respond in the way the nation has expected and depended."

The Chairman of the HASC, Congressman Buck McKeon, asked Greenert to put into operational terms some of what the Navy would no longer be able to do if sequestration went into effect on March 1.

"We have no ships in the Southern Command, so the hundreds of tons of drugs that are being interposed, there's nobody to do that," said Greenert. "And we're not nurturing future relationships there and keeping stability down there."

Greenert also pointed out there would only be one

See **CNO**, Page 8



Chief of Naval Operations Adm. Jonathan Greenert, center left, testifies before the House Armed Services Committee on the impacts of a continuing resolution and sequestration on military readiness and defense capabilities Feb. 13, 2013, on Capitol Hill. With Greenert are, from left, Chief of Staff of the Army Gen. Raymond T. Odierno, Chief of Staff of the Air Force Gen. Mark A. Welsh III, and Commandant of the Marine Corps Gen. James F. Amos. (U.S. Navy photo by Petty Officer 1st Class Peter D. Lawlor/Released)

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## AAFES leadership warns customers of vehicle sale fraud

By Chris Ward

Army & Air Force Exchange Service Public Affairs

DALLAS—An individual or individuals claiming to be "Exchange Inc." have been placing advertisements in auto magazines and commercial newspapers, leading Army & Air Force Exchange Service shoppers to believe they're purchasing a vehicle through the Department of Defense retailer.

"This has been a problem for the past few months where someone is using the Exchange's trademarked logo and name without permission to purportedly sell vehicles in the U.S.," said Rick Koloski, the Exchange's loss prevention vice president. "Unfortunately, some have sent money only to receive nothing in return."

Despite the fact that military exchanges do not have the authority to sell vehicles in the continental U.S., the individuals responsible for these advertisements have left consumers with the impression they are doing business with the DOD's oldest and largest exchange service.

"This type of fraud has proliferated with the use of the internet and continues to be a challenge because oftentimes the perpetrator cannot be identified as the methods they utilize are not traceable back to any individual," said Koloski. "In fact, in a most recent case,

money grams sent by one couple were picked up in Bangladesh, indicating this crime goes well beyond U.S. borders."

Shoppers who believe that they may have been taken advantage of can file a complaint through the Internet Crime Complaint Center at [www.ic3.gov](http://www.ic3.gov).

Exchange facilities are located solely on military installations. While the Exchange does have mail order and Internet offerings, the Exchange does not advertise in civilian outlets such as metropolitan newspapers or automobile sales magazines. All advertisements for legitimate Exchange offerings are published in outlets whose audiences mostly comprise military members.

The Army & Air Force Exchange Service is a joint, non-appropriated fund instrumentality of the DOD and is directed by a Board of Directors which is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. The Exchange has the dual mission of providing authorized patrons with quality merchandise and services at competitively low prices and generating non-appropriated fund earnings as a supplemental source of funding for military morale, welfare and recreation programs. Visit [www.shopmyexchange.com](http://www.shopmyexchange.com) to find out more about the Exchange history and mission or to view recent press releases.

## 87th MDG issues MiCare facts

By 87th Medical Group  
What is MiCare?

MiCare is a user-friendly, confidential online healthcare messaging system that allows patients to communicate with their healthcare team, get test results, request prescription refills and maintain their own personal health record. Information from an electronic health record will be available to transfer directly into a personal health record in the future.

Who can use MiCare?

MiCare is scheduled for implementation Air Force-wide. That means once patients have registered, they will remain in the system. When changing permanent stations, an account will travel with service members so they are able to connect with the new clinic at their new duty stations.

Is my privacy protected?

When using MiCare, a secure connection is established with the browser to validate personal information is encrypted and coded for transmission and storage. This ensures information and messages are only accessible by the user and his or her healthcare team. MiCare is also in compliance with the Health Information Portability and Accountability Act of 1996.

How do I register?

Visit [1.usa.gov/VEPFPU](http://1.usa.gov/VEPFPU), print off the form and bring it to the 87th Medical Group. A staff member will verify the identity of the applicant using his or her military ID card. Following the in-person submission registration, the applicant will receive an email asking to complete the registration process online.

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# Joint Base Intramural Sports Standings

## 2012-13 Lakhurst Intramural Basketball

Team	Win	Loss	GB
MAC ATTACK	10	0	0.0
STOOPID GOOD	8	2	1.5
CNATT-Medical	7	3	2.5
PDG	3	7	6.5
The Untouchables	2	9	8.0
The Destroyers	1	9	8.5

## 2013 Intramural Basketball JB McGuire-Dix

Team	Win	Loss	GB
87th SPS	10	0	0.0
NWS Earle	10	2	1.0
Wildcats	10	3	1.5
NCOA	8	2	2.0
305th CSS	8	3	2.5
87th CES	8	3	2.5
87th FSS / 87th CS	6	4	4.0
305th APS-A	6	5	4.5
605 AMXS	6	5	4.5
3-314th FA	5	6	5.5
621st CRW-A	1	3	6.0
77th BDE	0	2	6.0
BCL-Heart	0	2	6.0
87th LRS	4	7	6.5
621st CRW-B	0	2	6.5
244 AVN BDE	3	7	7.0
305th AMXS	3	8	7.5
MAC-49	2	8	8.0
305th MDS	1	9	9.0
6th AS-Bully Beef	1	10	9.5

### Game schedule

#### Week 8

Feb. 25	MFC 5:30 p.m.	6th AS/621st CRW vs. 87th LRS
	GPH 6:30 p.m.	3-314th FA vs. NCOA
	MFC 6:30 p.m.	87th FSS / 87th CS vs. NWS Earle
	GPH 7:30 p.m.	MAG-49 vs. 87th SPS
	MFC 7:30 p.m.	305th CSS vs. 87th CES

#### Feb. 26

GPH 5:30 p.m.	87th CES vs. NCOA
MFC 5:30 p.m.	6th AS/621st CRW vs. 87th FSS / 87th CS
GPH 6:30 p.m.	3-314th FA vs. MAC-49
MFC 6:30 p.m.	605 AMXS vs. 305th APS — A
GPH 7:30 p.m.	87th LRS vs. NWS Earle
MFC 7:30 p.m.	305th MDS vs. Wildcats

Feb. 28	GPH 5:30 p.m.	605th AMXS vs. NCOA
	MFC 5:30 p.m.	87th SPS vs. 305th APS — A
	GPH 6:30 p.m.	244 AVN BDE vs. MAC-49
	MFC 6:30 p.m.	6th AS/621st CRW vs. 305th MDS
	GPH 7:30 p.m.	NWS Earle vs. 3-314th FA
	MFC 7:30 p.m.	87th CES vs. 87th FSS / 87th CS

GPH = Griffith Field House MFC = McGuire Fitness Center

## 2013 Over 30 Basketball McGuire-Dix

Team	Win	Loss	GB
NCOA-A	2	5	0.0
305th CSS	4	1	1.0
Wildcats	3	3	2.5
87th SPS	2	2	2.5
305th MDS	0	1	3.0
174th INF BDE	0	2	3.5
87th FSS	2	4	3.5
621st CRW	1	4	4.0
87th CES	0	4	4.5

### Game schedule

#### Weeks

Feb. 27	MFC 5:30 p.m.	87th CES vs. 87th FSS
	MFC 6:30 p.m.	621st CRW vs. 87th SPS

## 2012-13 Intramural Racquetball

### Joint Base McGuire-Dix-Lakhurst

Team	Win	Loss	PCT
305th MDS-A	12	0	1.000
87th MDC	9	3	0.750
305th CSS	6	4	0.600
621st CRW	2	2	0.500
VR-64	5	7	0.417
87th CONS	2	5	0.286
Lakhurst-Gunners	1	5	0.167
305th MDS-B	1	12	0.091

PCT = Winning percentage

### Game schedule

#### Week 12

Feb. 26	3 p.m.	305th CSS vs. 305th MDS — B
	4 p.m.	305th MDS — A vs. 87th MDC

All games played at McGuire Racquetball Court

## 2013 Intramural Volleyball McGuire-Dix

Team	Win	Loss	PCT
AMCTES	2	0	1.000

605th AMXS	2	0	1.000
87th MDC	2	0	1.000
87th CES	1	0	1.000
87th CS-B	1	0	1.000
87th CS-A	1	0	1.000
314th RCS	1	0	1.000
99th RSC	1	0	1.000
87th WSA	1	1	0.500
305th MDS	1	1	0.500
VR-64 Condors	1	1	0.500
87th FSS	1	1	0.500
305th CSS	1	2	0.333
87th LRS	0	1	0.000
621st CRW	0	1	0.000
87th CONS	0	1	0.000
305th MXG	0	1	0.000
WMS-E-A	0	2	0.000
7217 MSU	0	2	0.000
WMS-E-B	0	2	0.000

### Game schedule

#### Weeks

Feb. 25	MFC 5:15 p.m.	305th CSS vs. 305th MDS
	MFC 6:15 p.m.	87th CES vs. 87th FSS
	MFC 7:15 p.m.	7217 MSU vs. 314th RCS
	MFC 8:15 p.m.	AMCTES vs. 99th RSC

#### Feb. 26

MFC 5:15 p.m.	87th CONS vs. WMS-E — B
MFC 6:15 p.m.	87th FSS vs. 305th MXG
MFC 7:15 p.m.	87th LRS vs. 87th CS — A
MFC 8:15 p.m.	87th WSA vs. 87th CS — B

#### Feb. 27

GPH 5:15 p.m.	AMCTES vs. 87th CES
MFC 5:15 p.m.	605th AMXS vs. 87th CONS
GPH 6:15 p.m.	7217 MSU vs. 87th CS-B
MFC 6:15 p.m.	621st CRW vs. 87th MDC
GPH 7:15 p.m.	VR-64 Condors vs. 87th LRS
MFC 7:15 p.m.	305th CSS vs. 314th RCS
GPH 8:15 p.m.	305th MDS vs. WMS-E-A
MFC 8:15 p.m.	87th CS — A vs. 305th MXG

#### Feb. 28

MFC 5:15 p.m.	87th MDC vs. 99th RSC
MFC 6:15 p.m.	605th AMXS vs. 87th WSA
MFC 7:15 p.m.	WMS-E — B vs. VR-64 Condors
MFC 8:15 p.m.	WMS-E — A vs. 621st CRW

GPH = Griffith Field House MFC = McGuire Fitness Center  
Current as of Feb. 13.

## Soldiers

Continued from Page 5

duty Army National Guard, and U.S. Army Reserve," he said.

Cut will mean a loss of force structure, he said. It will cost the Army a 40 percent reduction in brigade combat teams, when it's all done.

A smaller Army means a loss of ability to influence and deter conflict, the general said. If the Army gets too small, "you lose your ability to deter conflict. My concern is, you have people who miscalculate. Almost every great war we've been in to,

or great regional conflict, has been based on a huge miscalculation by somebody. And what I worry about is we will cause people to miscalculate, which will then cause us to have to get involved."

Odierno said without sequestration, the Army may drop below 490,000 Soldiers, something he said is doable, if managed correctly to avoid loss of skill and capability. If sequestration does happen, he said, he is concerned about not dropping below a specific number, one he didn't say, to avoid losing the ability to deter conflict, and to ensure the Army has the capability to do the things the president asks the Army to do.

That number, he said, might be smaller than 490,000. "But some of the numbers I hear are too small. I do worry that the capability will be much less than we need."

"I think there is a certain level of capability we need to have, that we would propose to the president and the chairman and others we have to have in order to sustain our capabilities in order to respond globally," he said.

Cutting the force that deep, he said, will have to be done carefully, and across all components of the Army. A proper balance must be made, he said, to preserve the unique capabilities each component brings to

the fight. In particular, he said, the active component maintains a higher level of readiness, while the reserve component brings a more diverse mix of experience and capability to the table.

How to cut the force Odierno said he doesn't want to force Soldiers out of the service, but at some point, some of that might happen.

For the first set of cuts, he said, done over a five-year period, it'll be mostly attrition.

"There will have to be some other methods," he said. "But it will be mostly about 75-80 percent by attrition."

With additional cuts, he

said, "we'll probably have to increase the amount we put out each year, but I would still like to leave it at a level where we can control it," Odierno said. "If we can control it, we keep the people we want to keep, we are able to help the people transitioning to better transition, and that enables us to keep the level of readiness we need to respond."

The goal is to do the "large majority" of force cuts by attrition. Personnel

boards that make other cuts might have to come in to the mix at some point, said Odierno.

"There will have to be some boards that we conduct that we may ask people to retire earlier than they might want," he said. "And there might be some boards that tell us we need some officers and some senior NCOs to leave. But we will try to minimize that as much as we can."

## CNO

Continued from Page 5

aircraft carrier to support strikes in Afghanistan while simultaneously maintaining stability and deterrence in the Arabian Gulf.

Greenert's picture of a post-sequestration fleet became grimmer as he went down the line cutting operations that would no longer be sustainable such as counter piracy and quick-reaction teams in Africa and ballistic missile defense overseas.

Greenert elaborated in detail the material consequences of continued gridlock over the passage of a budget resolution to avoid sequestration.

"The condition and expected service life of our ships and aircraft will further degrade," said Greenert. "We will be forced to cancel or slow procurement of relevant platforms and systems needed to preserve our war-fighting superiority."

Greenert further illustrated the cascading effect of today's fiscal decisions on future readiness and the community.

"The decisions we've had to make did not come without significant consequences to our people, to the defense industry, or to local economies. Impacts of funding we realign today cascade into future years," said Greenert.

Greenert firmly stated to reporters after the hearing that one area he will fight to preserve and protect is family

readiness and wellness.

"Family programs are important," said Greenert. "I do not want those constrained."

Greenert said during his testimony that he worries about the furlough of civilian employees who support the fleet and specifically the ones employed at the fleet family service centers, child care centers, those who are sexual assault advocates and in sexual assault prevention.

"All of those we worry about," Greenert said. "And I'm working very hard, and I've directed that we will not unfund, our programs, our family readiness programs. We will protect those and so I'm watching that very closely."

## Welsh: Sequestration will 'undermine' readiness



By Claudette Roulo  
American Forces Press Service

WASHINGTON — Unprecedented budget factors have placed the nation's defense strategy in jeopardy, senior Department of Defense leaders told the Senate Armed Services Committee Feb. 12, 2013.

The chief of staff of the Air Force stressed the severity of the current fiscal situation, during his opening remarks.

"Sequestration threatens to carve crucial capability from

(Left) Chief of Staff Gen. Mark A. Welsh III testifies with a panel of Defense Department witnesses on Capitol Hill, Feb. 12, 2013, during a hearing before the Senate Armed Services Committee about the potential impact of sequestration and a full-year continuing resolution. (U.S. Air Force photo by Scott M. Ash/Released)

See WELSH, Page 13



# NEWSNOTES

## Military Saves Week

The Military and Family Support Center is set to host Military Saves Week Feb. 25 through March 2, 2013. This year's theme is "Set a Goal. Make a Plan. Save Automatically." Service members and their families, Department of Defense civilians, contractors, retirees and veterans are encouraged to "Take the Saves Pledge," or repledge. Visit [www.militarysaves.org/take-the-pledge](http://www.militarysaves.org/take-the-pledge) to take the first step in the commitment to "Build Wealth, Not Debt."

## Healthy Heart Class

The Health and Wellness Center is set to host a Healthy Heart Class from 9-11 a.m. Feb. 26, 2013. The class will focus on the basics of reducing high cholesterol and high blood pressure. Discussions will focus on lifestyle choices that affect one's health and blood pressure, good and bad fats, the importance of being active, and medications. Call 754-2462 for more information.

## Be Well Class

The Health and Wellness Center is set to host a Be Well class from 8:30-11:30 a.m. Feb. 27, 2013. This training is for Air Force active-duty and Reserve personnel, and is required for those personnel who scored Unsatisfactory on their physical fitness test. This course covers topics on behavior change, motivation, nutrition and exercise. Call 754-2462 for more information.

## Group Preseparation Counseling

The Military and Family Support Center is set to host a Group Preseparation Counseling 9-11 a.m. Feb. 28, 2013. The event completes mandatory needs assessment counseling required for out-processing. Participants will receive a Preseparation Counseling Checklist (DD Form 2648). Pre-registration is required. Call 754-3154 for more information.

## African-American History Month at the Library

The Joint Base Special Observance Committee is set to host an African-American History Month reading event for children from 10-11 a.m. Feb. 21 and 28, 2013, at the Joint Base Library. The event begins with service members reading to children followed by an arts and crafts session. Call 754-4623 for more information.

## Tech. Sgt. Eccleston Memorial Run

The Tech. Sgt. Eccleston Memorial Run is set to be held at 3 p.m. Feb. 28, 2013, at the 819th Global Support Squadron Global Reach Deployment Center at 3403 Neely Road. The event is in memory of Tech. Sgt. Evan Eccleston who passed away Feb. 6, 2011, at Kadena Air Base, Japan. Call 754-4176 for more information.

## Your Money - Take Charge

The Military and Family Support Center is set to host the "Your Money - Take Charge" workshop from 10-11:30 a.m. Feb. 28, 2013, at 3435 Brody Road. The event will include Part I: Net worth; Setting goals; Tracking methods; Creating a plan; Saving; and Part II: Get Your report; What's on it? Your credit score; Correcting errors; Avoiding pitfalls. Pre-registration is required. Call 754-3154 for more information.

## Get Organized

The Military and Family Support Center is set to host the "Get Organized," workshop from 1-2:30 p.m. March 1, 2013, at 3435 Brody Road. Topics will include: Benefits of getting organized; Why some record-keeping systems fail; How to develop efficient bill pay system; What records to keep, where and how long; How to take a home inventory; What to have handy in case of a natural disaster; Where to go for help. Pre-registration is required. Call 754-3154 for more information.

## CCAF Graduation Cut Off Changed

The Community College of the Air Force Spring 2013 graduation cutoff is set for March 1, 2013. CCAF must receive the transcripts on or before the cut off date to be nominated for April 2013 graduating class. CCAF is now accepting electronic transcripts from three electronic transcript delivery vendors - eSCRIP-SAFE, Parchment/Docufile and AVOV Systems, Inc. Applicants will need to request their school to send an official copy of their transcript to: CCAF/DFRS, 100 S. Turner Blvd., Gunter Annex-Maxwell Air Force Base, AL 36114.

Questions on how to request an electronic transcript should be addressed to your schools' registrar, not CCAF. Note: Normal transcripts processing is 30 days upon CCAF receipt of your transcripts. CCAF Progress report can be monitored on the Air Force Virtual Education Center web site [www.myaf.mil](http://www.myaf.mil).

## Senior Master Sgt. Release Party

The Senior Master Sgt. Release Party is set for 3 p.m.

March 1, 2013, at the Tommy B's Community Activities Center, located at 2705 East Arnold Ave. Every year, the Top 3 organizes a party recognizing members of Joint Base McGuire-Dix-Lakehurst who have been promoted to the rank of Senior Master Sergeant.

## 2013 National Prayer Breakfast

The Joint Base Chaplains are set to host the 2013 National Prayer Breakfast 8 a.m. March 5, 2013, at Tommy B's Community Activities Center. Tickets are \$6 and can be purchased from unit first sergeants or the Joint Base Chapel. The event's theme is "Our Legacy of Religious Freedom" and will feature guest speaker Maj. Gen. Howard D. Stendahl, Air Force Chief of Chaplains. Call 754-HOPE for more information.

## JB MDL Thrift Shops

**McGuire**  
The McGuire Officers' Spouses' Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesdays through Fridays and the first Saturday of each month. The shop accepts gently used donations. The MOSC Thrift Shop accepts consignments from 10 a.m. to noon Wednesdays through Fridays. Proceeds benefit JB MDL, local, and national organizations. Volunteers are welcome. The MOSC Thrift Shop is located at 3446 Brody Road. Call 754-2368 for more information.

**Dix**  
The Dix Thrift Shop hours are Tuesdays and Thursdays from 10 a.m. to 2 p.m.; the first and third Saturdays of the month from 10 a.m. to 2 p.m.; and the first Wednesday of each month from 3-7 p.m. Consignments are accepted from 10 a.m. to 12:30 p.m. Tuesdays and Thursdays. Donations can be dropped off during business hours or placed in the shed after hours.

The shop is looking for volunteers. High school students can accumulate community service hours by volunteering. Proceeds help fund scholarships sponsored by the Dix Spouses' and Civilians' Club. Email [fordixthrift@gmail.com](mailto:fordixthrift@gmail.com) for details or suggestions on how the shop can better serve the JB MDL community. The Dix Thrift Shop is located next to the museum on Pennsylvania Ave.

**Lakehurst**  
The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1-5 p.m. at 158 Berry Road. The sales income received from thrift shops is returned to the Sailors, Marines and their families in the form of emergency financial relief services. Donations after hours may be placed in the donation locker located by the front door. Opportunities are available for volunteers to sort merchandise, arrange displays and work as cashiers. Call (732) 323-2662 or visit for more information.

## JB MDL Monthly Installation Update

The monthly installation update meeting is scheduled for 10 a.m., March 6, 2013, at the Joint Base Theater. All military, civilians, contractors, spouses and retirees are welcome to attend. Call the Joint Base McGuire-Dix-Lakehurst Public Affairs Office at 754-2104 for more information.

## Construction Corner

By 87th Civil Engineer Squadron

### McGuire Power Plant Demolition Project

Demolition of the McGuire power plant and associated facilities will continue through June 2013. Additional truck and construction vehicle traffic can be expected in the area.

### Road closures

Repairs and paving to existing Naval Air Systems Command access roadway will continue to enhance smooth driving and safety. A roadside drainage ditch will be constructed in addition to regulatory signs, striping and guardrails. Partial road closures may occur as this work progresses.

Replacement of the sanitary sewer main that runs under Brody Run on the West side of the intersection with Texas Ave is scheduled March 4 through 8, 2013. The turn lane from Texas Avenue South onto Brody Road Eastbound will be closed. Construction activity in the intersection may impact traffic flow during work hours.

Construction on new marquees on the joint base will cause delays at some gates throughout February. The Lakehurst gate will experience delays between 9 a.m. and 3 p.m., Feb. 25 and 26.

### Water Line Replacement

Water line replacement work is scheduled until September 2013 in the 3000 area on Dix. The task includes replacement of water mains along Rancoons and Florida Avenues. The final tie-ins will be accomplished as weather permits, remaining work is along Florida Avenues between Administration and Concord Streets, expect some road closures or delays once work resumes.

### Vicinity indoor pool

Relocation of power poles and replacement of a sanitary sewer main located on the North side of the indoor pool are scheduled March 11 through 21, 2013. Power to the indoor pool will be off for as many as two days with some impacts on access to the indoor pool due to construction traffic during the noted period.

## Joint Base McGuire-Dix-Lakehurst Chapel

### Chapel Locations

McGuire Chapel - 2503 East Arnold Avenue  
North Chapel - 3827 School House Road  
Dix Chapel - 5240 New Jersey Avenue  
Soldier's Chapel - 5950 Church Street  
Cathedral of the Air - 264 Hope Chapel Road, Lakehurst N.J. 08527

### Worship Hours

**Catholic**  
Wednesday - 11:30 a.m. McGuire Chapel  
Saturday - 5 p.m. McGuire Chapel  
Sunday - 10:30 a.m. Dix Chapel

### Protestant

Sunday - 9 a.m. Traditional - Dix Chapel  
Sunday - 9:45 a.m. Contemporary - North Chapel  
Sunday - 11 a.m. Liturgical - Cathedral of the Air  
Sunday - 11:30 a.m. Gospel - McGuire Chapel

### Army Support Activity

Sunday - 7:30 a.m. LDS - Dix Chapel  
Sunday - 7:30 a.m. Catholic - Dix Chapel  
Sunday - 7:30 a.m. Protestant - Soldier's Chapel

For programs, faith groups, or special language needs not listed, please contact the Chapel at 809-754-4673.

### Contacting A Chaplain

#### When should I call a Chaplain?

Chaplains are available for spiritual, relationship and grief counseling. They provide worship services, baptisms, weddings and memorials.

Your conversation with a chaplain can not be disclosed without your permission. No exceptions.

To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. - 4:30 p.m.) call 809-754-HOPE (4673).

For assistance after duty hours, call the Command Post at 809-754-3035 or 3036.

Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base

## BOX & BLUES




HTTP://WWW.MILDENHALL.AF.MIL



Staff Sgt. Octavia Henderson, 87th Dental Squadron dental hygienist, demonstrates to children the correct way to brush teeth at the Children's Dental Health Month event Feb. 11, 2013, at Lakehurst Elementary School in Lakehurst, N.J. The program is designed to educate children on proper oral hygiene, cavity prevention and gum disease. Henderson hails from Newark, N.J. (U.S. Air Force photo by Russ Messeroli/Released)

The Fort Dix Spouses' and Civilians' Club & the McGuire Officers' Spouses' Club present

## An Evening of Fashion



Clothes, shoes, and bags, oh my! Come support the Fashion show highlighting items from the Dix and McGuire Thrift stores.

When: Tuesday, Feb. 26, 2013, 7-9 p.m.  
Where: Saxon Community Center, Falcon Court North  
Cost: \$10  
Reservations: PREFERRED  
For reservations contact: Brian Vincent  
[brianv@jblm.com](mailto:brianv@jblm.com)



## Joint Base Theater Movie Schedule

Friday: No showing

Saturday:

Free  
screening!

*Les Misérables*,  
(PG-13), 2  
and 7 p.m.



## Recipe Roundtable

Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? Email the recipe and a photo to the Air, Land & Sea Times staff at [87.abw.pa@us.af.mil](mailto:87.abw.pa@us.af.mil) to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

### Divine Chocolate Cheesecake

This decadent chocolate cheesecake only needs a few simple ingredients to prepare. Makes one eight-slice cheesecake.

#### Ingredients:

- 1/3 cup butter (melted and cooled)
- 1 1/4 cups chocolate cookie crumbs
- 1/4 cup white sugar
- 24 ounces cream cheese (softened)
- 14 ounces sweetened condensed milk (canned)
- 2 cups semi-sweet chocolate chips (melted and cooled)
- 4 large eggs
- 2 teaspoons vanilla
- Strawberry topping or fresh strawberries to garnish

#### Instructions:

1. Heat oven to 300 F.



2. In a bowl, mix together the melted butter, cookie crumbs and sugar until mixture resembles coarse crumbs. Form into the bottom of a springform baking pan (about 8 inches) and press into a firm crust layer.
3. In a separate bowl, whip the cream cheese with electric hand mixer until light and fluffy. Slowly add in the condensed milk. Mix in melted chocolate chips, eggs and vanilla. Pour mixture into spring form pan.
4. Bake in preheated oven for about one hour, or until set. Let cool on a wire rack until it reaches room temperature. Chill in fridge overnight. Garnish with strawberry topping or fresh fruit before serving.

Recipes found at [freerecipes.org](http://freerecipes.org)

# Get to know JB MDL!



Can you guess what this week's close-up photo is? Submit your guess online at [www.facebook.com/jbmdl](http://www.facebook.com/jbmdl). Don't forget to check back next week when the full-size photo is revealed!



Did you guess last week's close-up photo? It's the Joint Base Library. The library offers access to a collection of more than 33,000 books, magazines, newspapers, videos, audio cassettes, CD and books on tape.

## Family

Continued from Page 1

support of our valuable men and women in uniform and their families."

The Family Lounge contains new furniture, a television, a play area with toys and books as well as a baby-changing station and cribs.

The Teen Room was added to the second floor mezzanine of the terminal. The room is equipped with a small kitchen area containing tables and chairs, a monitor displaying inbound and outbound flights, a Microsoft Xbox and a foosball table.

"This renovation realizes AMC's commitment to quality facilities," said Maj. Edward Hogan, 30th AFS commander. "Army upgrade in support of Department of Defense families and personnel is well worth the investment."

The renovated Family Lounge replaces the 2009 Sesame Workshop's Sesame Room. The Sesame

Workshop, a non-profit organization associated with the children's television show "Sesame Street," also launched a project for military families called "Talk, Listen, Connect," in 2006. The project helps children cope with the challenges of military deployments.

The Sesame Room ribbon-cutting ceremony was held June 29, 2009, and featured a special dedication to Air Force Staff Sgt. Jason Keefer, who passed away Jan. 16, 2009, was an active volunteer with the Sesame Workshop during his Air Force career.

"We intend to honor the selfless contributions of Staff Sgt. Keefer through a simple display set aside in the corner of the family lounge which captures the memory of the original renovation and dedication through a photo collage, memorial plaque and retained memorabilia," said Hogan.

Ceremony guests were then permitted to tour the new rooms to get a hands-on review of their features and amenities.

## Welsh

Continued from Page 8

America's Air Force, with alarming and immediate effects on people, readiness and infrastructure, and, eventually, on modernization," said Gen. Mark A. Welsh III. "If it occurs, it will significantly undermine your Air Force's readiness and responsiveness today."

The common theme of the day was attempting to quantify the relationship between risk and sequestration.

"If sequestration occurs, it will severely limit our ability to implement our defense strategy," said Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff. "It will put the nation at greater risk of coercion. It will also break faith with the men and women who serve this nation in uniform."

The impacts on the Air Force include budget cuts resulting in cancelling about 200,000 flying hours this year, unless sequestration is averted. This includes training and non-support of combatant commander requirements like theater security packages and continuous bomber presence missions.

Welsh went on to emphasize the impacts sequestration will have on readiness.

"Roughly two-thirds of our active-duty combat Air Force units will curtail home station training, beginning in March, and will drop below acceptable readiness levels by mid-May," said Welsh. "Most will be completely

non-mission capable by July."

Sequestration was delayed until March 1 by a bill passed in January. If implemented, it would mandate about \$500 billion in across-the-board defense spending cuts over 10 years in addition to \$487 billion in cuts mandated over that period by the 2011 Budget Control Act.

The Defense Department is, and will continue to be, part of the nation's economic recovery, the chairman said, but to do so requires budget certainty.

"Finally, we need the flexibility to transfer and reprogram money to our highest priorities," said the chairman. "Readiness loses when major portions of the budget are untouchable. Everything needs to be on the table."

Failing to act is a choice in itself, Dempsey said, "one that will eventually require a progressive contraction of security commitments around the world and a less proactive approach to protecting our interests."

The nation's defense options will be reduced and risk will increase in turn, if the budget uncertainty isn't addressed. "Our military power will be less credible, because it will be less sustainable. Now, we are only a few days away from making that a reality," he added.

"Our nation, our service members and their families expect us to do better," the chairman said. "Most importantly, a turbulent world that relies on American leadership demands we do better."

(Staff Sgt. David Salami, Air Force Public Affairs Agency, contributed to this story.)

Please join us for the Joint Base McGuire-Dix-Lakehurst

**2013 National Prayer Breakfast**

**"Our Legacy Of Religious Freedom"**

Maj. Gen. Howard D. Stendahl  
Air Force Chief of Chaplains

Date/Time: March 5, 2013, 8 a.m.

Location: Tommy II's Community Activities Center

Ticket cost: \$5

Tickets are available from unit first sergeants or the Joint Base Chapel

Contact the Joint Base Chapel  
for more information at 754-HOPE.

## MOSC's 3rd Annual

## TRIVIA NIGHT

**6:00 PM**

**START DECORATING YOUR TABLE**

**WIN THE 'BEST DECORATED TABLE' AWARD**

**TRIVIA STARTS @ 7:00 PM**

**GATHER YOUR SMARTEST FRIENDS**

**FOR 8 ROUNDS OF 12 TRIVIA QUESTIONS**

**EACH TABLE COMPETES AS A TEAM**

**BE THE 1st, 2nd, 3rd PLACE WINNERS!**

**SILENT & DESSERT AUCTION INCLUDED**

- Reserve your table by calling Beth at 254-893-1862.
- For questions, please email [mosc.trivianight@gmail.com](mailto:mosc.trivianight@gmail.com)
- Proceeds support MOSC Scholarships awarded to military dependents.
- Advance Reservations: \$10 per person or whole table of 8 for \$90 (nonrefundable)
- At the Door: \$12.50 per person or \$100 per table
- Bring your own food. No crockpots. Alcohol must be purchased on-site.
- Optional: A contest for the best decorated table (choose your own theme). Please no glitter or confetti.
- Open to the entire Joint Base Community (18 yrs & above)



**MARCH 22, 2013**

**FRIDAY**

TOMMY II'S COMMUNITY CENTER  
2703 EAST AIRHOLD AVE. (JBMDL H)